



Topic 3

Case Study of Nail Extraction



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Lesson objectives

After finishing this topic students should be able to:-

- analyze health problems from case study
- describe how to provide appropriate primary surgical procedure: nail extraction procedure
- describe how to provide appropriate care according to situation

Scope of
topic

✓ nail extraction procedure

✓ appropriate care

Case study

- The patient is a 15-year-old female with nail injury for 1 day after falling approximately 2 feet to the ground.
- The patient states that the pain started less intensely after injury event, but has since increased in intensity.
- The patient reports some blood retained in her nail plate.
- She has no fever but has limited posture balance because nail injury.
- She has no known drug allergy but injected full course of tetanus toxoid for 8 years ago.

Case study : PE

- The patient is awake, alert,
- The patient's temperature is 37.2°C , BP=120/80 mmHg
- Her heart rate is 86, respiratory rate is 18,
- The patient's heart has regular rate and rhythm,
- Her lungs are clear to auscultation bilaterally.
- There are no wheezes, or gallops.



- On the index finger of the left foot , there are bruises and hematoma under the nail plate.
- There is some part of nail laceration but no wound around the rest finger or legs.



Nail extraction procedures

- Nail extraction procedures may be performed to
- relieve pain associated with fingernail,
 - remove a nail, damaged due to an injury,



Picture from

<https://f.ptcdn.info/615/071/000/qjsr135e9YekLKLhkW5-o.jpg>



Picture from: M5510273-Toenail surgery.jpg (800×573) (sciencephoto.com)



Medication Treatment

Take home medication

- Antibiotic for **3 days**: Dicloxacilin 500 mg 4 times a day on an empty stomach.
- Pain killer : Paracetamol (500 mg) sig 1 tab prn. for pain or fever q 6-8 hrs.

What are the possible risks and complications during the Nail Extraction procedure?

The possible risks or complications that may arise during the procedure are:

- Injury to the surrounding tissues/ structures
- Infection of the surgical wound
- Anesthetic complications
- Excessive bleeding

Patient health education?

Do contact health care provider if notice any of the following symptoms

- : Pain that worsens and swelling of the surgical wound
- : Signs of an infection such as fever, feeling sick,
- : Bleeding or fluid drainage from the surgical wound
- : Dizziness
- : Muscle aches, Headache
- : Complications associated with prescription medications used in treatment

Patient health education?

At home

- : Avoid putting any pressure on the affected foot for the next 24 hours, after the procedure. Then, proceed to slowly resume regular/daily activities
- : Complete the course of prescribed medication (take antibiotic medication to help combat or prevent infection)
- : Wound dressing daily
- : Elevate the affected foot while resting for the first 24-48 hours after the procedure; which helps decrease pain
- : Wear appropriately fitted footwear,
- : Resume showering and keep the wound clean and dry.

Summary of the lesson

- ✓ Nail extraction is a procedure that involves removing a part, or all of the toenail or fingernail. It is also known as Onychectomy.
- ✓ It may be performed to relieve pain, to remove a nail, nail damaged due to an injury, Infection within the nail, such as a fungal infection, or repair a nail growth abnormality.
- ✓ Usually, it takes approximately 3 weeks to fully recover from the procedure.



Thank You!

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